

ADMINISTRATION ON AGING
Evidence-Based Prevention Program – Disease Self Management

Organization Name: Senior Service Centers of the Albany Area, Inc.
(Senior Services of Albany)

Project Title: Women Take PRIDE in Managing Heart Disease

Total Project Period: 9/30/2003 TO 09/29/2006

FY 2003 Award Amount: \$192,000

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Model:

The “Women Take PRIDE” (WTP) intervention was developed and tested by researchers at the University of Michigan School of Public Health. It is a four-week education and behavior modification program.

Project’s Overall Design:

Senior Services of Albany will implement a research-based, self-management heart disease education program with four collaborating organizations. The project seeks to demonstrate the effectiveness of providing the intervention and recruiting participants in a community setting, as well as from health care providers.

WTP is a four-week education program focused on

- Improving functional status - both physical and social
- Improving symptom experience and general health outcomes,
- Improving the knowledge of and access to community resources.

An extensive evaluation will be conducted throughout the implementation period in order to evaluate the outcome measures and document lessons learned in the program implementation.

Partnerships:

- Northeast Health, a not-for-profit network of healthcare, supportive housing and community services, will be involved in the implementation of the WTP program.
- The HealthNow Foundation, Inc., a not-for-profit health services and research foundation, will help identify participants for the program.
- Albany County Department for Aging is the Area Agency on Aging.
- University at Albany School of Public Health will complete the evaluation for the program.

Target Population:

The WTP primarily targets African American women 60 years of age and older, living in the inner cities of Albany and Rensselaer counties, as well as women over 60 years living in rural areas of both counties. All participants will have the diagnosis of heart disease.

Anticipated Outcomes:

- Improved general health status; perception of health and symptom experience
- Improved functional status; physical functioning, role functioning, and social functioning
- Improved knowledge of community resources to assist women over the age of 60 in managing their heart disease